



SENIOR CENTER

Important Special Edition

Supporting you During the Pandemic



Phone: 781-293-7313
506 Plymouth Street
Halifax MA 02338

Our Mission.....is to identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich senior lives, offering a wide array of programs, transportation and advocating on their behalf when necessary; thereby promoting independence, wellness and dignity.

A message from our Director...

We at the Halifax Council on Aging know how challenging these times are for you. Our staff is committed to supporting you in any way we are able to at this time. Everyone has had to make major adjustments in the way we conduct our every day lives. We have all felt the difficulties of social distancing and staying at home. Some have faced more challenges than others. We are fortunate because of the sacrifices made by so many on the front lines battling this virus. Our first responders, medical professionals, retail employees and so many others are putting their health and the health of their families at risk to keep us safe. There are so many who have stepped up to take care of their communities in ways we could not have imagined. Our Meals on Wheels Coordinator and volunteer drivers are still sending out home delivered meals and we are extremely grateful for their dedication. So many members of the community have contacted me to help in any way that they can. I am proud of Halifax and the way we have all come together in such an extremely difficult time. Our office staff is still available during business hours to answer any questions and for any help that you may need.

Sincerely,

Susan Lawless

LOCAL FOOD PANTRIES:

- ◆ Congregational Church (503 Plymouth St./Rt.106) Tuesdays 2:30-4pm — 781-293-6393
- ◆ Our Lady of the Lake Church, 2nd and 4th Saturdays 9-10:30am — 781-293-7971

Be on alert for coronavirus-related scams: Scammers may try to steal your money and personal information by sending phony calls, emails, and texts. Ignore them and don't open anything from an unfamiliar sender.

DIRECTOR Susan Lawless
NUTRITION / M.O.W. Maria Maynard
OUTREACH WORKER Brenda Fitzgerald

OUTREACH ASSISTANT & NURSE Tricia Ross
RECEPTIONIST/TRANSPORT. Lisa Silvia
BOARD OF DIRECTORS: Jo Schofield, Ava Grimason, Marge Smith, Judith Rakutis and Martha Smith

ISOLATION These times can be difficult for many. The necessity to limit face to face interactions can bring with it a sense of isolation. We've put together a list of healthy activities to do during this time.

- ♥ Go for a walk as long as you remain 6 feet of social distancing it is fine to go for a walk and get some fresh air. If you don't have a mask you can use such items as a bandana or a scarf to cover your nose and mouth.
- ♥ Learn how to Zoom: Many of you may have heard of this it is a way to connect via computer or cell phone with friends, family or colleagues. See instructions on the next page!
- ♥ Work in your gardens around your home. It is perfectly safe to be in your yard.
- ♥ Watch a You-Tube exercise video and enjoy an at home workout!
- ♥ Journal - Keep a writing journal of what is happening and your feelings during the pandemic.

Safety Assurance Program

FREE Safety Assurance Program is a computerized telephone system that places a call to a participant at a prearranged time each day. Calls are received between 6 a.m. and noon. Safety Assurance assists people in maintaining an independent lifestyle. Whether you are living alone, managing with a disability or injury, this added support system can enhance your security and improve your quality of life at home. Family and friends also benefit by having the peace of mind that you are starting your day safe and sound. This is a FREE service with no monthly fees, equipment requirements or special codes to remember. You can receive your calls on your home phone or cell phone. The program is available to anyone living in Plymouth County. This is a flexible program, you can cancel calls for short or long periods of time if you will be away or just won't be available for one day. To enroll, call 508-830-6256

Tax Updates

Due to COVID-19, The Treasury Department and Internal Revenue Service has announced that the federal income tax filing due date is automatically extended from April 15th, 2020 to July 15th, 2020. Taxpayers do not need to file any additional paperwork or contact the IRS to qualify for this extension.

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Give Zoom a Try!

While we are socially distancing, many people are gathering on Zoom, a website that allows for video conferencing. It's easy to use and a fun way to connect. We are all in this together learning new technology – you don't need to know everything about Zoom to join in. Jump in and learn as you go. **The Basics** - Use a computer with a camera. If you don't have one, you can use a smart phone or tablet. **It's free!** You don't need to have a paid Zoom account to join in. You will get a Zoom invitation to your email, which includes a link to open Zoom. If you click on the link, Zoom should launch. (The first time you do this, your computer might ask you to Download Zoom, just follow the prompts to do this.) If the link doesn't work, go to Zoom.us and click "Join Meeting" at the top of the screen. Type in the Meeting ID and password (that will also be included in the email invitation. Not all Zoom meetings will have a password.) **If you're using a smart phone or tablet**, download the free Zoom app from the App store. When Zoom opens you'll have the option to use your video or not. People like to see each others faces, so it is encouraged for you to "Join with Video!" Important Tips Test it! If you've never used Zoom before, go to Zoom.us/test. Here you can try out the audio and video features you'll use in the programs. to practice, chat & play! Try to log in about five minutes before it starts. Remember, everyone can see and hear you. You want to be in a place where the background noise isn't distracting. If you have a dog barking or the TV or radio on, mute your mic. (You'll see a microphone icon, click on that.) You can also turn off video if there is a lot going on in your background. Unmute yourself when you want to add to the discussion. You can change your view of the meeting. To view only the speaker, click "Show Speaker View" or you can click "Show Presentation View," to see images of everyone in the meeting who has their camera on. (If you're using a phone "Swipe" left to see different views.) Go for it! Keep trying. It may seem daunting, but once you use it a few times, it becomes easier! We will have a practice meeting on May 12th at 10:30 a.m. Just send us your email and we will send out the zoom invitation!

HOME DELIVERED MEALS

You can receive meals delivered to your home through our Meals on Wheels program offered by Old Colony Elder Service.

Call 508-584-1561 and ask to speak with the intake and referral department for more details. You can also call the COA and ask to speak to one of our Outreach Coordinators Brenda or Tricia and they will guide you!!

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